

Multimedia Appendix 2. Target demographic (N = 29).

Sample characteristics (categories of characteristics referred to in text)	Inclusion criteria Means of recruitment	Mental disorder targeted (Prevention or Treatment)	Platform or mode of e-mental health service
[21] Children and adolescents aged 7-18 years, and their parents; 88% Born in Australia, 79% lived with biological parents, compared to general population sample was from mid-high income families and relatively well educated (SEX, AGE – YP, EDU, SE, ETH)	Age >=10; computer and internet access at home Referral from mental health professionals and media	Anxiety (T)	BRAVE minimally therapist-assisted online CBT program; 10 youth sessions; 5 parent sessions; booster sessions at 1 and 3 months
[22] Website-registrants to the e-mental health sites, MoodGYM, e-couch, BlueBoard, and BluePages (SEX, AGE)	n/a All registrants	ehub self-help for mental health and wellbeing (P & T)	The ehub resources: MoodGYM, e-couch, BlueBoard, BluePages.
[23] Students from public and private schools; aged 15 to 19 years; 60% females; 57% private schools; grade 10-12 (SEX, AGE – YP)	Non-clinical sample Students were approached and participated as volunteers	Commonly experienced mood disorders (P)	Help online, for a vignette describing depression
[25] Public registrants to the MoodGYM site (SEX)	Complete data across the program Site visitors and MoodGYM participants	Depression and anxiety (T)	MoodGYM self-guided iCBT; 5 modules
[26] Well-Being Project participants with internet access; 63% females; 71% married; 49% with history of depression; 19% current depression (SEX, AGE)	Age >=18; psychologically distressed; home or work internet access; not receiving CBT or treatment from mental health professional; not participating support groups; no history of psychosis, schizophrenia, or bipolar; completion of key demographic questions Random	Depression (T)	Information (HealthWatch); internet interventions (E-couch); online support group (ISG); or combination

sample from the Australian Electoral Roll were mailed invitations to participate

[27] Adults aged 60 years and older, who applied online through a clinical research website on iCBT, younger end of 'elderly', and sample were more highly educated, 80% had received some form of mental health treatment in the past (AGE – 60+, EDU)

Australian residence; age ≥ 60 ; access to computer Internet, and printer; at least mild anxiety as a mental disorder; not participating in CBT; not using illicit drugs or consuming >3 standard drinks/day; not schizophrenia or bipolar; not severe depression; not taking benzodiazepine | Applicants applied online through a clinical research website for iCBT trials

Depression (T)

iCBT - Managing Your Mood Program; 5 lessons

[28] Older adults with self-report difficulties with anxiety or depression; aged >60 years; Anxiety Trial: 48% female; 74% married/defacto; 55% diploma/degree education; 52% not working; 52% previous mental health treatment; 33% on mental health medication; 54% comorbid; Depression Trial: 70% female; 30% married/defacto; 40% diploma/degree education; 90% not working; 55% previous mental health treatment; 45% on mental health medication; 30% comorbid (SEX, EDU, SE)

Australian residence; age ≥ 60 ; access to computer Internet, and printer; anxiety not caused by physical illness; self-reported anxiety or depression; not participating in CBT; not using illicit drugs or consuming >3 standard drinks/day; not schizophrenia or bipolar; not severe depression; not taking medication for anxiety or depression | Interested older adults applied online to participate in the RCTs

Depression and anxiety (T)

Self-guided iCBT without clinician contact: Managing Stress and Anxiety Course (Anxiety Trial) and the Managing Your Mood Course (Depression Trial)

<p>[29] Service providers working with Aboriginal and Torres Strait Islanders, including health professionals, managers, program coordinators, and an Aboriginal elder (ETH)</p>	<p>Health professionals working with Aboriginal and Torres Strait Islander clients in Northern Territory Purposive sampling, identification through existing professional networks including the project Expert Reference Group</p>	<p>Aboriginal and Torres Strait Islander mental health (T)</p>	<p>AIMHi 'Stay Strong' App for use by service providers with Aboriginal and Torres Strait Islander to promote mental health/wellbeing; assisted application</p>
<p>[30] Spontaneous website visitors; most commonly 25-39 years of age; >70% female; >85% tertiary education; around 50% partnered (SEX, AGE, EDU)</p>	<p>Age >=18; not receiving treatment by mental health specialists; not mental health professionals, researchers, or students Spontaneous visitors to eCouch</p>	<p>Depression (T)</p>	<p>Self-guided iCBT eCouch and iIPT eCouch, compared to MoodGYM; 4 weeks with automated email reminders</p>
<p>[31] Young people aged 16-24 years; 53% female; 2.2% Aboriginal and/or Torres Strait Islander; 21% spoke a language other than English at home; 64% full-time students; 16% full-time employed (SEX, AGE – YP, SE, EDU, ETH)</p>	<p>Young people aged 16-24 Online snow-ball sampling using an advertisement placed on Facebook, youth serving organisations, youth centres and clinics, online service providers, charities, colleges, universities and relevant government organisations</p>	<p>Mental health problem (P & T)</p>	<p>Various and different modes of e-mental health for information, help, or support</p>
<p>[32] General population sample, 3% Aboriginal and/or Torres Strait Islander, 22% spoke a language other than English at home, 66% full-time students, 14% employed full-time, 9% employed part-time (SEX, SE, ETH)</p>	<p>Young men aged 16-24 years Online snow-ball sampling using an advertisement placed on Facebook, youth serving organisations, youth centres and clinics, online service providers, charities, colleges, universities and relevant government organisations</p>	<p>Mental health problems, general (P & T)</p>	<p>E-mental health use investigated in context of broader help-seeking. Online options provided: Website with information and/or factsheets, website with a question and answer service that sends short message service (SMS) or emails, website with online clinic,</p>

<p>[33] Clinical Research Unit for Anxiety and Depression (CRUfAD) visitors, including health professionals and lay people; 69% female; spending 18.29 hours per week online (SD = 15.76); 5% previously used e-mental health treatments (SEX)</p>	<p>Age >=18; Australian residents; completed full survey Online websites and e-news</p>	<p>Depression and anxiety (T)</p>	<p>interactive single player games teaching life skills, interactive multiplayer games teaching life skills, and not a website. Internet treatment; may involve completing a structured set of lessons or modules online, and/or working with a therapist online</p>
<p>[34] Young adults aged 18-24; 78% female; 17% married/defacto; 6% unemployed; 22% university or above education; 61% had previous mental health treatment; 17% on mental health medications (SEX, AGE – YP, EDU, SE)</p>	<p>Age 18-24; resided in Australia; access to Internet; not psychotic or severe depression; not receiving CBT; experiencing mild depression or anxiety Volunteer applicants through a clinical research website</p>	<p>Depression and anxiety (T)</p>	<p>Mood Mechanic Course: Therapist-guided Internet-delivered treatments for anxiety and depression; four lessons</p>
<p>[35] General population sample; 51% female; >=15 years; 74% metropolitan residence; 68% use the internet; 37% working full-time; 18% degree education; 63% married/defacto (SEX, AGE, EDU, SE, U-R)</p>	<p>n/a 2008 South Australian Health Omnibus population survey</p>	<p>Depression, anxiety, or relationship problems (P & T)</p>	<p>Online information on emotional issues</p>
<p>[36] Adult callers of Mental Health Australia or visitors to their online site (SEX)</p>	<p>Resident of Australia, age 18-64, not receiving CBT, mild anxiety, access to computer, internet and printer Mental Health Australia visitors were invited to participate</p>	<p>Course (T)</p>	<p>The Wellbeing Course, iCBT provided by Mental Health Australia; 5 lessons; 8 weeks; with telephone or email clinician contact</p>
<p>[37] People with panic disorder diagnosis; age 18-70 years; mean education 12.53 years (SD = 6.14); >70% female; 59% married; 63% professional occupation; 59% panic disorder with agoraphobia; 56%</p>	<p>Age 18-70; Australian residents; living in Victoria; primary diagnosis is panic disorder; not receiving other therapy Panic</p>	<p>Panic disorder and agoraphobia (T)</p>	<p>iCBT: Panic Online internet-based program, email therapist assisted; 4 modules</p>

using medications
(SEX, AGE, SE)

[38] People self-selected for the e-therapy programs; 31% men; 96% Australian residents; 40% married; 61% metropolitan residence; 67% university or higher education; 12% unemployed; 25% on antidepressants or benzodiazepine; 42% receiving mental health assistance
(SEX, EDU, SE, U-R)

[39] Adults with primary diagnosis of PTSD; 77% females; mean education of 13.3 years (SD = 3.5); 9% unemployed
(SEX, EDU, SE)

[40] People with diagnosed panic disorder; 80% female; 82% with agoraphobia; 53% on psychotropic medications
(SEX)

Online website through search engines, hyperlinks from mental health websites, and media releases

Age ≥ 18 ; anxiety as primary diagnosis | Facebook advertisements, referral links on mental health websites, local and national media, and presentations and brochure mail-outs to health care practitioners and consumer groups

Age ≥ 18 ; Australian residents; primary diagnosis PTSD; stable medication for at least 3 months; not receiving psychological treatment; not severe dissociative symptoms, severe depression and/or suicide risk, or psychosis | Australian mental health websites and local and national media

Age 18-70; Australian residence; primary diagnosis of panic disorder; no seizure disorder, stroke, schizophrenia, organic brain syndrome, heart condition, alcohol or drug dependency, or

Five main anxiety disorder types: generalized anxiety disorder (GAD), panic disorder with or without agoraphobia (PD/A), obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), and social anxiety disorder (SAD)
(T)
PTSD (T)

Panic disorder (T)

Unmoderated; Anxiety Online; 12 modules over 12 weeks

Email therapist-assisted iCBT; PTSD Online; 10 weeks

Therapist-assisted: Panic Online iCBT with email contact, MAN therapist-assisted CBT manual workbook with telephone contact, Panic Resource online information with

	chronic hypertension; not receiving other therapy or self-help Panic Online website through search engines, hyper-links from mental health websites, and media releases		telephone contact; 6 weeks; 4 modules
[41] Adults with mild depression; 78% female; 50% Australian; 48% bachelor or above education; 50% history of depression; 3% history of bipolar or psychotic disorder (SEX, EDU)	Age >=18; mild depression; not receiving treatment for depression from health professional; resident of Australia, New Zealand, UK, Ireland, Canada or the USA; access to internet at least weekly Internet recruitment, advertising with Google, Yahoo!, Facebook, internet forums, email newsletters, links from websites	Depression (T)	Automated emails containing advice on self-help strategies; Mood Memos; twice a week over 6 weeks
[42] School-based sample: aged 13-17; 60% female; 19% rural; 29% history of depression; Community sample: aged <=19; 72% female; 19% rural; 66% history of depression (SEX, AGE – YP, U-R)	Age <=19 School sample: schools in the YouthMood Project; Community sample: registered on the MoodGYM public site	Depression and anxiety (P & T)	MoodGYM self-guided iCBT; 5 weeks
[43] Girls aged 15-16 years; moderate to high-income families (SEX, AGE – YP, SE)	Year 10 girls Girls only school in Canberra	Depression and anxiety (P & T)	MoodGYM self-guided iCBT; 6 weeks
[44] People with a primary diagnosis of panic disorder; 74% female (SEX)	Fluent in English; exclusion for certain physical illnesses; not undergoing other psychological/self-help therapies; excluded if unstable medication use Recruited from general population through local and national media, general	Panic disorder (T)	iCBT with face-to-face GP support or email psychologist support; 12 weeks

practice, and online through mental health websites

[45] Age ≥ 18 ; Online Survey sample: 68% female; 4% unemployed; 53% married/defacto; Focus Group sample: 70% female; 6% unemployed; 29% married/defacto; Interview sample: 60% female; 10% unemployed; 45% married/defacto (SEX, SE)

[46] Depressed patients; age 19-64; 82% private patients; 63% female; (SEX)

[47] Rural clinicians, including general practitioners, psychologists, psychiatrists, and clinical social workers (U-R)

[48] Internet clinic sample were aged 18 years or over, 34% males, 54% married/defacto, 59% with diploma/degree or above education, 68% employed, 61% ever used internet for mental health help or information (SEX, EDU, SE)

Unique visitors; age ≥ 18 ; live in Australia | Advertised through Facebook, University of NSW website, Black Dog Institute website; intranets of various companies and consumer organisations

Age ≥ 18 ; receiving treatment for depression; depression; access to computer and internet; sufficient cognitive functioning and English | Clinicians referral

Rural mental health specialists | Invitations sent to community-based rural mental health organizations and convenience sampling of rural mental health specialists

Age ≥ 18 , with depression, GAD, panic disorder, or social phobia | Internet clinic sample recruited from iCBT programs at VirtualClinic; Anxiety disorder clinic sample were outpatients of the Clinical Research Unit for Anxiety and Depression; National Survey sample were from the 2007 Australian National

Mood or anxiety (T)

Depression (T)

Mental health problems, general (P & T)

Anxiety and depression (T)

Mobile phone monitoring and self-help

RecoveryRoad; e-consultations, monitoring, psychoeducation, and therapy; 12 sessions over 12 months

Online mental health resources general

iCBT VirtualClinic programs

Mental Health Survey

<p>[49] Internet survey sample were aged 18 years or over, 29% male, 51% single/never married, 47% with diploma/degree or above education, 64% employed (SEX, EDU, SE)</p>	<p>Age ≥ 18, with obsessive compulsive disorder Internet clinic sample recruited from open survey on VirtualClinic; Anxiety disorder clinic sample were outpatients of the Clinical Research Unit for Anxiety and Depression; National Survey sample were from the 2007 Australian National Mental Health Survey</p>	<p>OCD (T)</p>	<p>Hypothetical Internet therapy, defined as treatment delivered via the internet</p>
<p>[50] Older adults with anxiety; mean age 66 years (SD = 4.6), 68% female, 59% married/defacto, 32% employed, 50% with tertiary education, 55% reported previous mental health treatment, 36% spend >10 hours per week on internet (SEX, EDU, SE)</p>	<p>Australian residence; age ≥ 60; access to computer Internet, and printer; at least mild anxiety as a mental disorder; not participating in CBT; not using illicit drugs or consuming >3 standard drinks/day; not schizophrenia or bipolar; not severe depression; not taking benzodiazepine Sourced online</p>	<p>Anxiety (T)</p>	<p>Managing Stress and Anxiety program; iCBT for older adults with anxiety; 5 online lessons; 8 weeks; clinical psychologist moderated online discussion forum; email contact with clinician; automatic reminder and notification emails; information resources</p>

CBT= cognitive behavioural therapy; GAD = Generalised anxiety disorder; iCBT=internet-based cognitive behavioural therapy; iIPT = internet-based interpersonal therapy; PD = panic disorder; SAD = social anxiety disorder; RCT = randomised control trial.

Mental health disorder targeted: P = Prevention; T = Treatment

Categories of characteristics referred to in text: EDU = education; YP = young people ; 60+ = people over the age of 60; SE = socio-economic status; U-R = geographic distribution (e.g. urban versus rural residence); ETH = ethnicity

